In the Specification

Please amend paragraph [0011] beginning on page 6 as follows:

According to the above preparation process, the rice grains milled in the milling step absorb water in the primary immersing step. Then, at least the surface layers of the rice grains are converted to the alpha-structure type in the primary alpha-type conversion step either by cooking or steaming. At this stage, ~~more or less than~~ about 70% of the whole rice grains are converted to the alpha-type. During the primary alpha-type conversion, no cracking occurs on the surfaces of the rice grains due to a protecting effect of the residual bran layers given to the starch layers. Therefore, there happens neither flow out of starch having been converted to the alpha-type nor breaks in the shapes of the rice grains. Further, the primary alpha-type conversion allows permeation of nutrients, such as vitamin B1 and minerals contained in the residual bran, into starch. In addition, the degree of coloring with bran onto the starch layers is reduced because the milled rice grains are converted to the alpha-type in the primary alpha-type conversion step. Then, the rice grains are preliminarily dried in the preliminary drying step until that the moisture content in the rice grains falls within a range, for example, of 22 to 24%. With the said preliminary drying, strength of the portions of the rice grains other than the core portions but including the surface layers having been converted to the alpha-type increases, which makes it possible to mill and polish the rice grains in the following final polishing step. After immersing the rice grains having been consummatively polished again in the secondary immersing step, the core portions which have not been converted to the alpha-type are converted to the alpha-type in the secondary alpha-type conversion step. During the secondary alpha-type

conversion, cracking on the surfaces of the rice grains, which is due to contacts of the rice grains with each other and the like, will not occur because the portions of the rice grains other than the core portions have been already converted to the alpha-type and dried preliminarily, and therefore, they are provided with strength which makes rice grains resistant to the breaks thereof. Thus, starch having been converted to the alpha-type and existing in the core portions will never flow out. Then, the rice grains having been converted completely to the alpha-type are fed to the separation-into-single-grains step, where they are separated into single grains. At this stage, cracking on the surface layers of the rice grains is prevented from occurring, and no breaks in the shapes thereof will be caused, because the surface layers of the rice grains have been strengthened, which makes rice grains resistant to breaks thereof as described above. Then, the rice grains are dried in the final drying step, which is the last step of the whole process, until that the moisture content in the grains reaches to a prefixed moisture content, thereby giving the instant rice containing polished rice.